# DXM [illegible]?

## Recovery Kernel [illegible]

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⚠ [illegible] - [illegible] | [illegible]: **112** [illegible] **14416 or 1800-89-14416** [illegible]

**DXM + SSRI [illegible] MAOI =** [illegible]. [illegible]

[illegible] (**[illegible], [illegible], [illegible]**) [illegible]

*CYP2D6 [illegible] DXM [illegible] - [illegible].*

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## [illegible]

Recovery Kernel [illegible] DXM [illegible], [illegible], [illegible] [illegible].

[illegible]: '[illegible]-[illegible] [illegible].' [illegible] CYP2D6 [illegible], [illegible] [illegible]. DXM [illegible]: CYP2D6 [illegible] DXM [illegible].

[illegible], [illegible]-[illegible] [illegible]: [illegible] — [illegible]. [illegible] DXM [illegible].

[illegible] yük [illegible] [illegible] [illegible]. [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible], [illegible] NMDA [illegible]: DXM [illegible] [illegible] [illegible] NMDA [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] $8 [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] OTC [illegible] [illegible].

DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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## 0.2 — [illegible]: [illegible]

⚠ **DXM** [illegible]. [illegible] [illegible], [illegible] [illegible]. [illegible] **DXM** [illegible] [illegible].

DXM [illegible] [illegible] - [illegible] SERT [illegible], SSRI [illegible]. [illegible] [illegible], [illegible]:

- SSRIs (Prozac/fluoxetine, Zoloft/sertraline, Lexapro/escitalopram, Celexa/citalopram, Paxil/paroxetine): [illegible] SERT [illegible] — DXM [illegible] = [illegible]. paroxetine [illegible] CYP2D6 [illegible], [illegible] DXM [illegible] dextrorphan [illegible]. [illegible] DXM [illegible].
- SNRI[illegible] (Effexor/venlafaxine, Cymbalta/duloxetine): [illegible] nephrine [illegible]ambilan [illegible] — DXM [illegible] = [illegible].
- MAOIs ([illegible], [illegible], [illegible], [illegible] [illegible], [illegible]/[illegible]): [illegible] — DXM [illegible] = [illegible], [illegible].
- ◌: [illegible] [illegible] — [illegible] [illegible] = [illegible].
- [illegible] (MAOI [illegible]): [illegible].

[illegible]: [illegible], [illegible], [illegible], [illegible] **(**[illegible]**),**[illegible], [illegible], [illegible]. [illegible]. **112** [illegible].

**CYP2D6** [illegible]: **CYP2D6** [illegible] **(poor metabolizers)** [illegible] **DXM** [illegible] **DXM** [illegible], [illegible] **SERT-** [illegible]. [illegible] **CYP2D6** [illegible]: **DXM +** [illegible] **(contraindication).**

## 0.3 — [illegible]

| [illegible] | [illegible] | [illegible] |
|---|---|---|
| [illegible] [illegible] / [illegible] | [illegible], [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

# [illegible] 8 — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] — [illegible] [illegible], [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

DXM [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] CYP2D6 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

## 8.1 — [illegible] [illegible] [illegible]

| [illegible] [illegible] | **DXM** [illegible] [illegible] | [illegible] [illegible] |
|---|---|---|
| NMDA [illegible] [illegible] ([illegible] - [illegible] [illegible]) | DXM [illegible] CYP2D6 [illegible] [illegible] [illegible] — [illegible] DXM [illegible] [illegible] NMDA [illegible] [illegible]. [illegible] NMDA [illegible], [illegible], DMN [illegible] 3 [illegible] [illegible] 4 [illegible] [illegible] [illegible] [illegible]. | [illegible] [illegible] NMDA [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible]. NAC [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] DXM [illegible] [illegible]. |
| [illegible]-1 | DXM [illegible] ([illegible] [illegible]) [illegible] [illegible]-1 [illegible] [illegible] [illegible]. [illegible]-1 [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible]-1 [illegible]зм[illegible] [illegible] [illegible] [illegible]. | DXM [illegible] [illegible]-1 [illegible] [illegible]зм[illegible] [illegible], [illegible] DXM [illegible] [illegible] [illegible]. DXM [illegible] [illegible] [illegible] [illegible]-1 [illegible] [illegible]. CYP2D6 [illegible] DXM [illegible] [illegible], [illegible] [illegible]-1 [illegible] [illegible]. |

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| CYP2D6 [illegible] | DXM [illegible]? | [illegible] [illegible] [illegible] |
|---|---|---|
| [illegible] [illegible] (~[illegible] 75%, [illegible] [illegible] [illegible]) | DXM [illegible]. [illegible], [illegible] ([illegible] NMDA [illegible]) [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] — DMN [illegible] [illegible] [illegible] [illegible]-[illegible] NMDA [illegible]. [illegible]-1 [illegible] SERT [illegible] [illegible] [illegible] NMDA [illegible]. | [illegible] [illegible] [illegible] [illegible] ([illegible]-[illegible] [illegible] [illegible]) [illegible] ث[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. |
| CYP2D6 [illegible] [illegible] (~7–10% [illegible]; ~1–2% [illegible]) | DXM [illegible] [illegible] [illegible]. DXM [illegible] [illegible]. [illegible] DXM [illegible] [illegible] [illegible] SERT [illegible] [illegible] [illegible]-1 [illegible]зм[illegible], [illegible] [illegible] NMDA [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]/[illegible]-1 [illegible] — [illegible] [illegible] [illegible] [illegible]. | [illegible]ritical: [illegible] [illegible] (Poor metabolizers) DXM + [illegible] SSRI [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] DXM [illegible] SERT-[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. |
| CYP2D6 [illegible]-[illegible] (~1–2%) | DXM [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. | DXM [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] NMDA [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible]: [illegible] CYP2D6 [illegible] [illegible] ([illegible], [illegible], [illegible]) [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. |
| CYP2D6 [illegible] [illegible] [illegible] [illegible] [illegible] | [illegible] (Prozac) [illegible] [illegible] (Paxil) [illegible] SSRIs [illegible] [illegible] [illegible] CYP2D6 [illegible]. [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] CYP2D6 [illegible] [illegible] | DXM + Prozac [illegible] DXM + Paxil = [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. |

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DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] DXM FAQ (1990 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]), Erowid [illegible] DXM [illegible], Reddit [illegible] DXM [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] DXM [illegible] '[illegible]' [illegible] [illegible] [illegible] [illegible] [illegible] medicine [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] Recovery Kernel [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] CYP2D6 [illegible] [illegible]. [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible], DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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DXM [illegible], [illegible]. CYP2D6 [illegible] — [illegible].
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### DXM [illegible]

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| CYP2D6 | [illegible] метаболизм — [illegible] ([illegible]) [illegible] | *4/*4 [illegible] (7–10% [illegible]); *1/*1 [illegible]; [illegible]-[illegible] | DXM [illegible] — [illegible]. [illegible] OTC [illegible] CYP2D6 [illegible]. DXM [illegible]: [illegible] (NMDA) [illegible] DXM [illegible] (sigma-1, SERT [illegible]) [illegible]. DXM [illegible]. CYP2D6 [illegible] ([illegible], [illegible], [illegible]) [illegible]. [illegible] CYP2D6-[illegible]. |
| SLC6A4 / 5-HTTLPR | [illegible] | [illegible]/[illegible] [illegible] ([illegible] SERT [illegible]) | SLC6A4 [illegible]/ [illegible] SERT [illegible] — DXM [illegible] SERT [illegible]. [illegible] ([illegible], [illegible]) [illegible]. CYP2D6 [illegible]/[illegible] DXM + [illegible] |

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# Глава 3 — Фармакологический профиль: механизм действия, метаболизм и токсикокинетика

*От молекулы — к организму, шаг — почти всегда доказанный. Или нет.*

DXM относится к классу морфинанов — соединений, структурно родственных опиоидам, но лишённых их ключевого свойства. Этот парадокс определяет всю фармакологию вещества. Его молекула способна взаимодействовать с несколькими системами нейромедиаторов. Ни одна из них не является основной мишенью LSD или классических психоделиков. Это — NMDA-антагонизм, диссоциативный компонент, HPPD-связь, серотонин-дофаминовый баланс. Каждый из этих механизмов, взятый отдельно, изучен достаточно. Вместе — нет.

В данной главе собраны доступные исследования DXM: от клинических испытаний OTC-препарата, созданного для подавления кашля, до отчётов о передозировках в токсикологических базах. Данные неравномерны — где-то перед нами десятилетия наблюдений, где-то — несколько случайных публикаций. Мы будем указывать, насколько прочна почва под каждым утверждением.

## 3.1 — Доступность препарата среди подростков

| Аспект | DXM по сравнению с другими веществами | Комментарий |
|---|---|---|
| Доступность (Over-the-counter accessibility) | Высокая, ниже порога. Средняя цена $8 за упаковку. Возрастное ограничение 10 штатов. Отсутствие. Высокая доступность среди подростков — 1 из 10 старшеклассников. Высокая доступность среди подростков — 1 из 10 старшеклассников. Это высокая доступность, которая делает DXM, HPPD, серотонин-дофаминовый баланс, NMDA-антагонизм, диссоциативный компонент, механизм действия. | Высокая доступность среди подростков: высокая доступность, высокая доступность, высокая доступность среди подростков. Высокая доступность среди подростков. Высокая доступность среди подростков — 1 из 10 старшеклассников. Высокая доступность среди подростков. |
| Распространённость | DXM высокая распространённость среди подростков. Высокая распространённость среди подростков. Высокая распространённость среди подростков. Высокая распространённость среди подростков. DXM высокая распространённость среди подростков. DXM высокая распространённость среди подростков. DXM высокая распространённость среди подростков. | Распространённость 13 (высокая распространённость) DXM высокая распространённость среди подростков: 'высокая распространённость среди подростков. Высокая распространённость среди подростков. Высокая распространённость среди подростков. |

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| [illegible] [illegible] — [illegible] [illegible] [illegible] | [illegible] [illegible] [illegible]-1 [illegible]зм [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]. | [illegible] 4-7-8 [illegible] [illegible] [illegible]. peptides [illegible] [illegible]. [illegible] [illegible] [illegible] ([illegible], [illegible], [illegible] [illegible] [illegible]). [illegible] [illegible] — [illegible], [illegible] [illegible]. |
| [illegible] / [illegible] | DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. | [illegible] 05 [illegible] [illegible] DXM-[illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible]; [illegible] [illegible] [illegible] circuit [illegible] [illegible]. |

## [illegible] [illegible] [illegible] — 5 [illegible] [illegible] (10 [illegible] [illegible])

1. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. 10-[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 10 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].
2. 4-7-8 [illegible] [illegible] — [illegible] [illegible]. [illegible] [illegible] OTC [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible].
3. NAC [illegible] [illegible] [illegible] (NMDA [illegible] [illegible] суб [illegible] [illegible]. [illegible] [illegible]; [illegible] [illegible]-[illegible].
4. [illegible] [illegible] [illegible]. [illegible]? [illegible]? [illegible]/[illegible]? ? [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

5. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] OTC- [illegible] [illegible] [illegible] [illegible].
6. [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] OTC [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible], [illegible], [illegible] — [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible].
7. [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible]. [illegible] 6: NSDR, meditation, [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible].

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| [illegible] (sigma-1 + SERT) | [illegible]; [illegible]; [illegible] | [illegible]. [illegible]. [illegible]. | [illegible]. [illegible] DXM [illegible]. |
| [illegible] | [illegible]; [illegible]; [illegible]; [illegible] | [illegible] ([illegible], [illegible], [illegible]). [illegible] — [illegible], [illegible]. [illegible] ([illegible], [illegible]). | DXM [illegible]-1 [illegible]. [illegible]. [illegible]. |
| [illegible] | [illegible]; [illegible]; [illegible]; [illegible] | [illegible]. [illegible]. [illegible]. [illegible]. | [illegible]-[illegible]cepteur [illegible]. [illegible]. [illegible] — NMDA [illegible]. |
| [illegible] - [illegible] | ADHD [illegible] ([illegible] + [illegible]); [illegible]; [illegible]; [illegible] | [illegible] non-stimulant [illegible] stimulant [illegible]. [illegible] (30–45 [illegible]) [illegible] non-pharmacological [illegible]. [illegible]. | DXM [illegible], [illegible]. [illegible] DXM [illegible]. [illegible] DXM [illegible]. |

## [illegible] [illegible] [illegible] [illegible] (The Adolescent-Specific Recovery Architecture)

### [illegible] — 15 [illegible] [illegible] DXM [illegible] [illegible], 30 [illegible] [illegible] [illegible] [illegible] [illegible]

DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

- [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]-[illegible] [illegible] [illegible] - DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. DXM [illegible] [illegible] [illegible] [illegible] [illegible] '[illegible] [illegible]' [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible]: DXM [illegible] [illegible] [illegible], [illegible] ADHD [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], ADHD [illegible] [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible]. [illegible], [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible]: [illegible] [illegible] DXM [illegible] [illegible] [illegible] ([illegible], [illegible], [illegible] [illegible], [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] consciousness-[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] — [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

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| □□□□□□□□ □□□□□□□□□ (□□□□□□ □-□) | CYP2D6 □□□□□□□; SLC6A4; COMT; MTHFR; DRD4/DAT1 | CYP2D6 □□□□□□□□□ □□□□□□; □□□□□□□□□ □□□□□□□□ □□□□□□□□□; □□□□□□□□□ □□□□□□□□; □□□□□□□□□ | DXM □□□□□□□□□□ CYP2D6 □□□□□□□□□-□□□□□□□□ □□□□□□□□ □□□□□□□ — □□□ □□□□□ □□□□□□□ □□□□□□□□□ □□□□□□□□□□ □□□□□ □□□□□□□ □□□□□□□ □□□□□ □□□□□□□□□ □□□□□□□ □□□□□□□□□. ADHD □□□□□□□□ □□□□□□□□□ (DRD4, DAT1) ADHD □□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□ □□□□□□□□□□□□□. |
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| HPPD □□□□□□□□ (□□□□□□ 1-8 | □ □□□□□□□□ □□□□□ 4.5; □□□□□□□ | □□□□□ □□□□□□□□□□□□□; □□□□□□□□□□□□□□ | DXM-□□□□□□□ HPPD □□□□□□□□□□ □□□□□□□□□-□□□□□□□ HPPD □□□□ □□□□□□□□□□□□□□□, □□□□ □□□ |

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| [illegible] [illegible] (1-6) | [illegible] 04 ([illegible]), [illegible] 03 ([illegible]), [illegible] [illegible] 6 | [illegible] [illegible]/NSDR; [illegible]; DXM [illegible] [illegible] [illegible]-[illegible] | [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible]. [illegible] [illegible]: [illegible] + NSDR. [illegible] [illegible]: [illegible] + [illegible]. [illegible] [illegible]: CBT + [illegible] [illegible] [illegible]. ADHD [illegible]: ADHD [illegible] + [illegible]. [illegible] [illegible] [illegible]. |
| [illegible] [illegible] [illegible] [illegible] (1-3+) | [illegible] 20, [illegible] 21, [illegible]-28; [illegible] [illegible] [illegible] | DXM-[illegible] [illegible]; [illegible]; [illegible] [illegible]. | [illegible] [illegible] [illegible] DXM [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible], [illegible] — [illegible] DXM [illegible]. [illegible] DXM [illegible] [illegible]. |

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DXM [illegible]: [illegible], [illegible]. DXM [illegible] MAT [illegible]. DXM-[illegible]. [illegible] DXM [illegible].

[illegible]: [illegible]. [illegible] 13 ([illegible]) [illegible].

## [illegible] — [illegible]

- [illegible]: [illegible] AST, ALT, [illegible] GGT. [illegible] 3- [illegible]-[illegible]. [illegible]; [illegible].
- CYP2D6 [illegible]: DXM [illegible]. [illegible] CYP2D6-[illegible].
- ADHD [illegible]: ADHD [illegible]. [illegible] — [illegible] ADHD [illegible].
- [illegible]: -[illegible] [illegible]-[illegible]. [illegible].
- HPPD [illegible]: [illegible] 4+ [illegible], [illegible]. HPPD [illegible].
- [illegible]: [illegible]-й [illegible] - [illegible].

## [illegible] — [illegible]

DXM [illegible], [illegible]. "'[illegible]'" [illegible]. [illegible]:

[illegible] (DXM) [illegible] - [illegible] [X] [illegible], [[illegible]]. [illegible] [[illegible]: NMDA [illegible] / [illegible] / [illegible]

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- DXM-□□□□□□□□□ □□□□ □□□□□□□□□□□□: Erowid □ DXM □□□□□□□□□□ (erowid.org/chemicals/dxm) □□□□□□□□□ □□□□□□ □□□□□ □□□□ □□□□□□□□□□□□□ □□□□□□□□□□□. □□□□□□ □□□□ □□□ DXM FAQ □□□□□□□□□□□□.
- SAMHSA's Treatment Locator (findtreatment.gov): while DXM is rarely listed as a primary substance, substance use disorder treatment for comorbid depression, ADHD, and anxiety is appropriately addressed through the standard treatment locator.
- □□□□ □□□□: 1-800-852-8336 (□□□□□□□□□□□□□□ □□□□□□□□□□) — □□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□ □□□□ □□□□□□□□□□□□ □□□□ □□□□□.
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DXM [illegible]. [illegible], [illegible] — [illegible], [illegible] ADHD [illegible], [illegible]-[illegible], [illegible].

[illegible] C-37 [illegible]: [illegible]. DXM [illegible]. [illegible] NMDA [illegible], [illegible]-1 [illegible]зм, [illegible] — [illegible]. [illegible].

DXM [illegible]. [illegible] $8 [illegible]. [illegible], [illegible], [illegible]. [illegible].

Recovery [illegible]. [illegible] — [illegible], [illegible], [illegible] MTHFR-[illegible], SSRI [illegible] 5-MTHF [illegible]. ADHD — [illegible], [illegible] DXM [illegible]. [illegible] — [illegible], [illegible] CBT [illegible]-1 [illegible]зм [illegible]. [illegible] — [illegible] тыся[illegible] DXM [illegible]. NMDA [illegible].

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DXM [illegible]. [illegible]. [illegible]. [illegible].

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DXM [illegible]: erowid.org/chemicals/dxm | [illegible]: 1-800-852-8336 |
[illegible]: HOME [illegible] 741741 [illegible]
*[illegible] Recovery Kernel [illegible]*

**Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357**

⚠ [illegible]

*Recovery Kernel [illegible] DXM [illegible] | [illegible]*